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Sunshine Kale Salad & Why Kale is Awesome

Do you eat kale? We love it over here- almost as much as spinach. It goes in our smoothies every morning and I like to chop it up and use it in our dinner skillet too. But my favorite way to enjoy this emerald gem is in a salad with the dressing massaged in.

We'll get to the recipe in a minute. First I'd like to share the wondrous qualities of kale with you.

Kale is high in a wide range of vitamins and minerals that replenish the bodies ability to fight disease. It is one of many cruciferous vegetables (like broccoli, cauliflower and chard) that has cancer and heart disease fighting properties. Kale also offers wonderful support for your digestive system and your body's ability to get rid of toxins.

Kale contains nutrients that fight both oxidative stress and inflammation- which increase the risk of cancer. Kale contains a whopping 45 different antioxidant flavonoids. This huge range of antioxidants offers the body significant support to repair oxidative stress. Studies have shown that these nutrients aid in the prevention of 5 different types of cancer so far- colon, breast, ovarian, prostate and bladder.

Kale's ant-inflammatory properties come from its high levels of vitamin K and the presence of omega-3s. I'm not a huge fan of relying on daily values to regulate what nutrients our individual bodies need each day, but to give you an idea, one cup of kale contains 1327% of the recommended daily value of vitamin K. At that level, it should be enough to cover everyone's needs for K!

Kale also contains some awesome compounds called glucosinolates, which the body uses to make ITCs. These compounds act to reduce cancer risks. They may also help to actually treat cancer! In addition to fighting cancer, ITCs aid the body in detoxifying at a cellular level. They work at detoxing both environmental and food toxins.

Kale's digestive support and cholesterol lowering abilities both stem from its fiber nutrients. Just another reason why fiber is good!

So in case you were wondering, kale is pretty good for you! Ok, I think it is amazing for you! A couple kale disclaimers though...

Conventional kale is now listed in the Dirty Dozen in the "avoid" category. This means that conventionally grown kale was found to contain some of the highest levels of pesticides of any vegetable that should



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NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with PROJECT: PFC's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.

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So in case you were wondering, kale is pretty good for you! Ok, I think it is amazing for you! A couple kale disclaimers though...

Conventional kale is now listed in the Dirty Dozen in the "plus" category. This means that conventionally grown kale was found to contain especially toxic substances. This is one of the vegetables that should never be eaten if conventionally grown. If you can't find it organic, don't buy it!

Kale is also high in oxalates which can cause problems with some people. If you have leaky gut or bladder concerns, pay attention to how you feel when eating kale. This should dictate your intake.



So how do you enjoy all of this tasty kale? Making a salad is a pretty easy and flavorful option. I love massaged kale! In case you're wondering, I don't massage it for my own benefit, it actually helps it break down.

Sunshine Kale Salad

2 large bunches of kale
2 avocados, peeled, pitted and chopped
2 oranges, peeled and chopped
1 cup red onion, chopped

Orange Vinaigrette
1/4 cup fresh orange juice
1/8 cup olive oil
juice from half a lemon
1 clove garlic, minced
1/4 tsp salt

Pile up your kale and slice thinly. You might want to do this in two batches.

Combine dressing ingredients and whisk.

Pour dressing over salad and massage into kale. Also to sit for 20-30 minutes.

Chop avocados, oranges and red onion. Pay no attention to the tiny hand stealing oranges....

Add salad fixin's to kale and gentle mix in.

This is a great meal by itself but it would also be an awesome side to any meal- full of healthy body-happy love!

Not a bad way to nourish your body in my opinion!

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